



## **Polar Dragons Running Club (PDRC) INFO.**

### **WHO:**

Polar Dragons is a winter running club open to all 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students interested in running to improve individual fitness.

### **WHEN:**

The club will meet from Monday 12/07/15 through Friday 3/11/16.

### **WHAT:**

You need to be prepared for whatever winter weather may occur. Runs **WILL NOT BE CANCELLED**, unless conditions are dangerous (*examples would include air temp/wind chill below zero or large amounts of falling snow or large amounts of ice on the ground*). Runners must be prepared everyday with the following equipment:

- hat and gloves
- sweatpants or wind pants
- sweatshirt, jacket, fleece or other long sleeved and warm top
- short sleeve or long sleeve t-shirt
- extra socks and extra running shoes (dry ones for after running)

### **WHY:?**

LOTS OF REASONS!

- Improve individual fitness.
- Get a head start on conditioning for *Track Season* 😊!
- Train for the Hanson's 5k race in March
- Get outside in the fresh air after school and away from your TV, video game system, tablets, computers and cell phones!
- Build Snowpeople and do some sledding (when there is good snow)!
- HAVE FUN!!!!!!!!!!!!!!

### **WHAT ABOUT PDRC ADVANCED?:**

Polar Dragons Advanced runs are on Wednesdays after regular PDRC and most Saturdays through the winter. PDRC advanced is intended for runners with at least one season of 7<sup>th</sup>/8<sup>th</sup> grade cross country experience. Advanced runs will be a minimum of 4 miles and participants must be able to run for 30 minutes or more without stopping. If you're interested in PDRC advanced but you're not sure if you can handle it, talk with Mr. Z and he will let you know if you're ready.

### **HOW**

Fill out the GAP medical paperwork, turn it in to Mr. Z, and show up for the first run on Monday December 7th. However, if people who miss the first day can still join anytime in December. If you've already paid the GAP club fee for another activity this year, then you don't have to pay again.

### **IMPORTANT...**

Other kids can join along the way when sports seasons or other commitments end/change. There will also be High School kids that join in from time to time and maybe even parents or other teachers. All are welcome, but **you do have to LIKE RUNNING** on some level, and **you have to be willing to run even when you start to get tired out** 😊. **If you can't run 2 laps of the track without stopping, Polar Dragons might not be right for you.**